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LAMPIRAN

Lampiran 1. *Ethical clearance*

	KOMISI ETIK PENELITIAN KESEHATAN (KEPK) FAKULTAS KEDOKTERAN UNIVERSITAS DIPONEGORO DAN RSUP dr KARIADI SEMARANG Sekretariat : Kantor Dekanat FK Undip Lt.3 Jl. Dr. Soetomo 18, Semarang Telp/Fax. 024-8318350	
ETHICAL CLEARANCE No. 231/EC/FK-RSDK/2016		
Komisi Etik Penelitian Kesehatan Fakultas Kedokteran Universitas Diponegoro-RSUP, Dr. Kariadi Semarang, setelah membaca dan menelaah Usulan Penelitian dengan judul :		
"PENGARUH AROMATERAPI ROSEMARY TERHADAP ATENSI"		
Peneliti Utama : <i>Citwi Yoshiko Paramita Dewi</i>		
Pembimbing : dr. Yosef Purwoko, M.Kes., Sp.PD		
Penelitian : Dilaksanakan di Ruang R8DM 7 Gedung 8 FK UNDIP Semarang		
Setuju untuk dilaksanakan, dengan memperhatikan prinsip-prinsip yang dinyatakan dalam Deklarasi Helsinki 1975, yang diamendement di Seoul 2008 dan Pedoman Nasional Etik Penelitian Kesehatan (PNEPK) Departemen Kesehatan RI 2011		
Peneliti harus melampirkan 2 kopi lembar Informed consent yang telah disetujui dan ditandatangani oleh peserta penelitian pada laporan penelitian.		
Peneliti diwajibkan menyerahkan :		
<input checked="" type="checkbox"/> Laporan kemajuan penelitian (<i>clinical trial</i>)		
<input checked="" type="checkbox"/> Laporan kejadian efek samping jika ada		
<input checked="" type="checkbox"/> Laporan ke KEPK jika penelitian sudah selesai & dilampiri Abstrak Penelitian		
Semarang, 15 MAR 2016		
 Ketua Komisi Etik Penelitian Kesehatan Fakultas Kedokteran Undip-RS. Dr. Kariadi		
Prof. Dr. B. Suprihati, M.Sc., Sp.THT-KL(K) NIP. 19500621 197703 2 001		

Lampiran 2. Surat Izin Penelitian



**KEMENTERIAN RISET, TEKNOLOGI DAN PENDIDIKAN TINGGI
UNIVERSITAS DIPONEGORO
FAKULTAS KEDOKTERAN**

Jl. Prof. H. Soedarto, SH - Tembung - Semarang Telepon 024-76928010, Fax. 024-76928011
Email : dean_fmdu@undip.ac.id

Nomor : 1433 /UNT.3.4/DI/PP/2016
Lampiran : 1 (satu) bendel
Perihal : Permohonan ijin penelitian

24 FEB 2016

Yth. Dekan Fakultas Kedokteran
Universitas Diponegoro
Semarang

Bersama ini kami hadapkan mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Diponegoro Semarang :

Nama/ NIM : Ciwi Yoshiko Paramita Dewi / 22010112130098
Semester : VIII (delapan)

Mohon diijinkan melakukan penelitian dengan subjek mahasiswa Fakultas Kedokteran Undip, dalam rangka penyusunan Karya Tulis Ilmiah mahasiswa. Terlampir proposal mahasiswa yang bersangkutan.

Judul KTI : Pengaruh Aromaterapi *Rosemary* terhadap Atensi

Pembimbing : dr. Yosef Purwoko, M.Kes, Sp.PD

Atas perhatian dan kerjasamanya diucapkan terima kasih.



g.n Dekan
Pembantu Dekan I
Dr. dr. Dwi Pudjonarko, M.Kes., Sp.S(K)
NIP. 196607201995121001

- Tembusan :
1. Pembantu Dekan III
 2. Ketua Prodi Pendidikan Dokter
 3. Ketua Tim Karya Tulis Ilmiah
 4. Pembimbing
 5. Mahasiswa Yang Bersangkutan

Lampiran 3. *Informed Consent*

JUDUL PENELITIAN : Pengaruh Aromaterapi Rosemary terhadap Atensi
INSTANSI PELAKSANA : Fakultas Kedokteran Universitas Diponegoro

PERSETUJUAN SETELAH PENJELASAN **(*INFORMED CONSENT*)**

Yth.....

Nama saya Ciwi Yoshiko Paramita Dewi, saya adalah mahasiswa Program Studi S-1 Ilmu Pendidikan Dokter Fakultas Kedokteran Universitas Diponegoro. Saya akan melakukan penelitian dengan judul Pengaruh Aromaterapi *Rosemary* terhadap Atensi .

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian aromaterapi *rosemary* terhadap peningkatan atensi. Saudara akan diminta untuk mengisi kuesioner dan Saudara akan dimasukkan ke dalam 1 kelompok perlakuan. Penelitian akan dilakukan dengan posisi duduk dalam sebuah ruangan tertutup berukuran 4,5 x 2,5 x 3 meter bersuhu 25°C pada pukul 7-9 pagi hari dan mendapatkan pencahayaan yang cukup. Sebelum penelitian dilakukan, saudara tidak diperkenankan untuk menggunakan parfum, harus tidur cukup selama 7-8 jam pada malam sebelum penelitian, dan tidak mengonsumsi kafein 24 jam sebelum penelitian. Saudara akan diminta untuk melakukan tes penilaian atensi menggunakan *Attention Network Test* yang terdiri dari 3 sesi dan di tiap sesi akan diberikan istirahat selama 2-3 menit. Saat istirahat , subyek tidak boleh meninggalkan ruangan. Penilaian akan dilakukan dua kali yaitu pre-test ± 20 menit dan post-test ± 20 menit. Saudara akan diberikan waktu ± 10 menit setelah *pre test* dan mulai menghirup aromaterapi *rosemary* menggunakan tungku

aromaterapi elektrik. Pada saat post-test berlangsung, saudara akan tetap dipaparkan aromaterapi *rosemary*.

Manfaat dari penelitian ini adalah diharapkan saudara dapat mengetahui dan menambah informasi mengenai pengaruh aromaterapi *rosemary* terhadap atensi. Saya menjamin bahwa penelitian ini tidak akan menimbulkan efek yang merugikan pada Saudara. Penelitian saya ini bersifat sukarela dan tidak ada unsur paksaan. Dalam penelitian ini, saya menjamin kerahasiaan segala data yang saya peroleh, data hanya akan saya gunakan untuk kepentingan penelitian. Apabila ada informasi yang belum jelas, Saudara bisa menghubungi saya, Ciwi Yoshiko Paramita Dewi, Program Studi Pendidikan Dokter Universitas Diponegoro (HP: 087832705201).

Demikian penjelasan dari saya. Terima kasih atas kerjasama Saudara/i dalam penelitian ini.

Sudah mendengar dan memahami penjelasan penelitian, dengan ini saya menyatakan:

SETUJU / TIDAK SETUJU*

untuk ikut sebagai sampel penelitian.

Semarang,2016

Saksi

Nama Terang :

Alamat :

Nama Terang :

Alamat :

Lampiran 4. Kuesioner Penelitian

Nomor Kuesioner



KUESIONER PENELITIAN PENGARUH AROMATERAPI *ROSEMARY* TERHADAP ATENSI

No. Kuesioner :

Nama Responden :

Tanggal Wawancara :

A. IDENTITAS RESPONDEN

1. Nama :
2. Usia :
3. Jenis Kelamin :
4. Nomor Telepon :

B. ANAMNESIS

1. Apakah anda memiliki kelainan refraksi mata ?
 - a. Ya
 - b. Tidak
2. Jika iya, berapa? Sebutkan
3. Apakah kelainan refraksi anda dikoreksi dengan kaca mata atau lensa kontak?
 - a. Ya

- b. Tidak
- 4. Apakah anda memiliki kelainan muskulo skeletal pada tangan ?
 - a. Ya, sebutkan
 - b. Tidak
- 5. Apakah anda memiliki riwayat kejang?
 - a. Ya
 - b. Tidak
- 6. Tangan manakah yang anda gunakan dominan sehari-hari? (Untuk menulis, mengetik, dll)
 - a. Kanan
 - b. Kiri
- 7. Apakah anda dapat mengoperasikan komputer?
 - a. Ya
 - b. Tidak
- 8. Apakah anda mengetahui ANT?
 - a. Ya
 - b. Tidak
- 9. Jika ya, apakah anda pernah melakukan tes penilaian atensi menggunakan ANT?
- 10. Apakah anda memiliki riwayat asma atau alergi?
- 11. Jika ya, sebutkan.....

Lampiran 5. Hasil analisis statistik

Descriptives

	KELOMPOK		Statistic	Std. Error
ALERTING	KONTROL	Mean	40,1667	4,62676
		95% Confidence Interval for Mean	Lower Bound 30,4051	
			Upper Bound 49,9283	
		5% Trimmed Mean	40,2407	
		Median	33,5000	
		Variance	385,324	
		Std. Deviation	19,62966	
		Minimum	4,00	
		Maximum	75,00	
		Range	71,00	
		Interquartile Range	26,50	
		Skewness	,467	,536
		Kurtosis	-,403	1,038
	PERLAKUAN	Mean	38,3889	5,02942
		95% Confidence Interval for Mean	Lower Bound 27,7777	
			Upper Bound 49,0000	
		5% Trimmed Mean	37,4877	
		Median	38,0000	

		Variance	455,310	
		Std. Deviation	21,33801	
		Minimum	9,00	
		Maximum	84,00	
		Range	75,00	
		Interquartile Range	33,75	
		Skewness	,379	,536
		Kurtosis	-,538	1,038
ORIENTING	KONTROL	Mean	35,8889	2,80276
		95% Confidence Interval for Lower Bound	29,9756	
		Mean Upper Bound	41,8022	
		5% Trimmed Mean	35,3210	
		Median	32,5000	
		Variance	141,399	
		Std. Deviation	11,89112	
		Minimum	20,00	
		Maximum	62,00	
		Range	42,00	
		Interquartile Range	16,50	
		Skewness	,960	,536
		Kurtosis	,433	1,038
		PERLAKUAN Mean	26,1111	3,72844
		95% Confidence Interval for Lower Bound	18,2448	

		Mean	Upper Bound	33,9774	
		5% Trimmed Mean		25,4568	
		Median		25,5000	
		Variance		250,222	
		Std. Deviation		15,81841	
		Minimum		6,00	
		Maximum		58,00	
		Range		52,00	
		Interquartile Range		27,75	
		Skewness		,376	,536
		Kurtosis		-,860	1,038
EXECUTIVE ATTENTION	KONTROL	Mean		94,4444	6,57944
		95% Confidence Interval for Mean	Lower Bound	80,5630	
			Upper Bound	108,3258	
		5% Trimmed Mean		94,7716	
		Median		84,5000	
		Variance		779,203	
		Std. Deviation		27,91420	
		Minimum		41,00	
		Maximum		142,00	
		Range		101,00	
		Interquartile Range		46,75	
		Skewness		,001	,536

	Kurtosis		-,970	1,038
PERLAKUAN	Mean		103,5556	3,43209
	95% Confidence Interval for Mean	Lower Bound	96,3145	
		Upper Bound	110,7966	
	5% Trimmed Mean		103,7284	
	Median		107,5000	
	Variance		212,026	
	Std. Deviation		14,56112	
	Minimum		76,00	
	Maximum		128,00	
	Range		52,00	
	Interquartile Range		25,50	
	Skewness		-,277	,536
	Kurtosis		-,618	1,038

Tests of Normality

	KELOMPOK	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
ALERTING	KONTROL	,195	18	,068	,916	18	,108
	PERLAKUAN	,131	18	,200 [*]	,957	18	,544
ORIENTING	KONTROL	,174	18	,155	,908	18	,081
	PERLAKUAN	,130	18	,200 [*]	,940	18	,295
EXECUTIVE ATTENTION	KONTROL	,188	18	,092	,944	18	,344
	PERLAKUAN	,164	18	,200 [*]	,933	18	,219

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

T-Test

Group Statistics

	KELOMPOK	N	Mean	Std. Deviation	Std. Error Mean
ALERTING PRE TEST	KONTROL	9	36,8889	21,77409	7,25803
	PERLAKUAN	9	47,7778	20,71701	6,90567
ORIENTING PRE TEST	KONTROL	9	31,3333	7,08872	2,36291
	PERLAKUAN	9	24,3333	11,80042	3,93347
EXECUTIVE ATTENTION PRE TEST	KONTROL	9	99,4444	21,21975	7,07325
	PERLAKUAN	9	109,2222	12,97861	4,32620

Group Statistics

	KELOMPOK	N	Mean	Std. Deviation	Std. Error Mean
ALERTING POST TEST	KONTROL	9	43,4444	17,90329	5,96776
	PERLAKUAN	9	29,0000	18,43909	6,14636
ORIENTING POST TEST	KONTROL	9	40,4444	14,26632	4,75544
	PERLAKUAN	9	27,8889	19,63062	6,54354
EXECUTIVE ATTENTION POST TEST	KONTROL	9	89,4444	33,90100	11,30033
	PERLAKUAN	9	97,8889	14,48658	4,82886

KELOMPOK KONTROL

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	ALERTING PRE TEST	36,8889	9	21,77409	7,25803
	ALERTING POST TEST	43,4444	9	17,90329	5,96776
Pair 2	ORIENTING PRE TEST	31,3333	9	7,08872	2,36291
	ORIENTING POST TEST	40,4444	9	14,26632	4,75544
Pair 3	EXECUTIVE ATTENTION PRE TEST	99,4444	9	21,21975	7,07325
	EXECUTIVE ATTENTION POST TEST	89,4444	9	33,90100	11,30033

Paired Samples Correlations

	N	Correlation	Sig.

Pair 1	ALERTING PRE TEST & ALERTING POST TEST	9	,894	,001
Pair 2	ORIENTING PRE TEST & ORIENTING POST TEST	9	,222	,566
Pair 3	EXECUTIVE ATTENTION PRE TEST & EXECUTIVE ATTENTION POST TEST	9	,895	,001

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	ALERTING PRE TEST - ALERTING POST TEST	-6,55556	9,86295	3,28765	-14,13689	1,02578	-1,994	8	,081
Pair 2	ORIENTING PRE TEST - ORIENTING POST TEST	-9,11111	14,45203	4,81734	-20,21992	1,99770	-1,891	8	,095
Pair 3	CONFLICT PRE TEST - CONFLICT POST TEST	10,00000	17,67767	5,89256	-3,58826	23,58826	1,697	8	,128

KELOMPOK PERLAKUAN

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	ALERTING PRE TEST	47,7778	9	20,71701	6,90567
	ALERTING POST TEST	29,0000	9	18,43909	6,14636
Pair 2	ORIENTING PRE TEST	24,3333	9	11,80042	3,93347
	ORIENTING POST TEST	27,8889	9	19,63062	6,54354
Pair 3	EXECUTIVE ATTENTION PRE TEST	109,2222	9	12,97861	4,32620
	EXECUTIVE ATTENTION POST TEST	97,8889	9	14,48658	4,82886

Paired Samples Correlations

	N	Correlation	Sig.
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Pair 1	ALERTING PRE TEST & ALERTING POST TEST	9	,921	,000
Pair 2	ORIENTING PRE TEST & ORIENTING POST TEST	9	-,025	,950
Pair 3	EXECUTIVE ATTENTION PRE TEST & EXECUTIVE ATTENTION POST TEST	9	-,105	,788

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	ALERTING PRE TEST - ALERTING POST TEST	18,77778	8,07431	2,69144	12,57132	24,98424	6,977	8	,000
Pair 2	ORIENTING PRE TEST - ORIENTING POST TEST	-3,55556	23,15227	7,71742	-21,35197	14,24086	-,461	8	,657
Pair 3	CONFLICT PRE TEST - CONFLICT POST TEST	11,33333	20,43893	6,81298	-4,37742	27,04409	1,663	8	,135

DELTA ATENSI

Descriptives

	KELOMPOK		Statistic	Std. Error
DELTA_ALERTING	KONTROL	Mean	6,5556	3,28765
		95% Confidence Interval for Mean	-1,0258	
		Lower Bound		
		Upper Bound	14,1369	
		5% Trimmed Mean	6,4506	
		Median	3,0000	
		Variance	97,278	
		Std. Deviation	9,86295	
		Minimum	-6,00	

PERLAKUAN	Maximum		21,00	
	Range		27,00	
	Interquartile Range		17,00	
	Skewness		,402	,717
	Kurtosis		-,870	1,400
	Mean		-18,7778	2,69144
	95% Confidence Interval for Mean	Lower Bound	-24,9842	
		Upper Bound	-12,5713	
	5% Trimmed Mean		-18,6420	
	Median		-15,0000	
	Variance		65,194	
	Std. Deviation		8,07431	
	Minimum		-31,00	
	Maximum		-9,00	
	Range		22,00	
	Interquartile Range		15,00	
	Skewness		-,336	,717
	Kurtosis		-1,629	1,400
DELTA_ORIENTING KONTROL	Mean		9,1111	4,81734
	95% Confidence Interval for Mean	Lower Bound	-1,9977	
		Upper Bound	20,2199	
	5% Trimmed Mean		8,6790	
	Median		7,0000	

		Variance	208,861	
		Std. Deviation	14,45203	
		Minimum	-8,00	
		Maximum	34,00	
		Range	42,00	
		Interquartile Range	22,50	
		Skewness	,872	,717
		Kurtosis	-,319	1,400
	PERLAKUAN	Mean	3,5556	7,71742
		95% Confidence Interval for Lower Bound	-14,2409	
		Mean Upper Bound	21,3520	
		5% Trimmed Mean	3,2284	
		Median	-6,0000	
		Variance	536,028	
		Std. Deviation	23,15227	
		Minimum	-26,00	
		Maximum	39,00	
		Range	65,00	
		Interquartile Range	41,50	
		Skewness	,444	,717
		Kurtosis	-1,271	1,400
DELTA_EXECUTIVE	KONTROL	Mean	-10,0000	5,89256
ATTENTION		95% Confidence Interval for Lower Bound	-23,5883	

	Mean	Upper Bound	3,5883	
	5% Trimmed Mean		-10,2778	
	Median		-12,0000	
	Variance		312,500	
	Std. Deviation		17,67767	
	Minimum		-30,00	
	Maximum		15,00	
	Range		45,00	
	Interquartile Range		38,00	
	Skewness		,304	,717
	Kurtosis		-1,544	1,400
	PERLAKUAN	Mean	-11,3333	6,81298
	95% Confidence Interval for Mean	Lower Bound	-27,0441	
		Upper Bound	4,3774	
	5% Trimmed Mean		-11,6481	
	Median		-11,0000	
	Variance		417,750	
	Std. Deviation		20,43893	
	Minimum		-42,00	
	Maximum		25,00	
	Range		67,00	
	Interquartile Range		31,50	

Skewness	,346	,717
Kurtosis	-,133	1,400

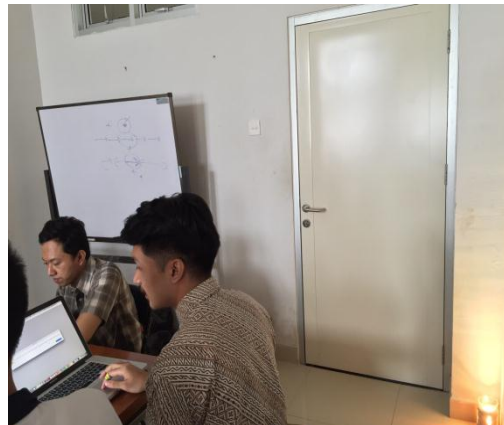
Group Statistics

	KELOMPOK	N	Mean	Std. Deviation	Std. Error Mean
DELTA_ALERTING	KONTROL	9	6,5556	9,86295	3,28765
	PERLAKUAN	9	-18,7778	8,07431	2,69144
DELTA_ORIENTING	KONTROL	9	9,1111	14,45203	4,81734
	PERLAKUAN	9	3,5556	23,15227	7,71742
DELTA_EXECUTIVE ATTENTION	KONTROL	9	-10,0000	17,67767	5,89256
	PERLAKUAN	9	-11,3333	20,43893	6,81298

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
DELTA_ALERTING	Equal variances assumed	,193	,666	5,962	16	,000	25,33333	4,24882	16,32624	34,34043
	Equal variances not assumed			5,962	15,400	,000	25,33333	4,24882	16,29761	34,36906
DELTA_ORIENTING	Equal variances assumed	4,008	,063	,611	16	,550	5,55556	9,09755	-13,73039	24,84150
	Equal variances not assumed			,611	13,413	,552	5,55556	9,09755	-14,03723	25,14834
DELTA_CONFLICT	Equal variances assumed	,088	,771	,148	16	,884	1,33333	9,00771	-17,76216	20,42883
	Equal variances not assumed			,148	15,674	,884	1,33333	9,00771	-17,79445	20,46112

Lampiran 6. Dokumentasi



Lampiran 7. Biodata Mahasiswa

Identitas

Nama : Ciwi Yoshiko Paramita Dewi
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Riwayat Pendidikan Formal

1. SD : SD PL DON BOSKO Semarang	Lulus tahun : 2005
2. SMP: SMP PL DOMENICO SAVIO Semarang	Lulus tahun : 2008
3. SMA: SMA Negeri 4 Semarang	Lulus tahun : 2011
4. S1 : Fakultas Kedokteran Universitas Diponegoro	Masuk tahun : 2012

Riwayat Keorganisasian

- Staff Bidang Minat dan Bakat Badan Eksekutif Mahasiswa Fakultas Kedokteran Universitas Diponegoro (BEM FK) tahun 2013